



# The Key Notes

National Active and Retired  
Federal Employees Association  
Chapter No. 409 Frederick, Maryland

April 2017  
Newsletter

Co-President Elinor Abrell 301-831-8753 abrellem@comcast.net

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## NARFE 409 LUNCHEON MEETING

**Friday, April 21<sup>st</sup>. Doors open at 11:00 a.m.**

From the secret camp that trained WWII spies to the mythical monster that was part reptile and part bird, learn the secrets of Catoctin Mountain, its people, its place, and most of all, its stories. Award-winning writer James Rada, Jr. will share the secrets of Catoctin Mountain with you during his presentation.

## CO-PRESIDENTS' MESSAGE

**Elinor Abrell (301-831-8753)**

More than ever we as individuals and as a Chapter need to be vigilant and ready to protect our interests as federal employees and retirees. This new administration wants to hastily pass legislation and executive orders that will have enormous impact on our pensions, our health care benefits, and even Medicare. Congressional hearings need to be closely and constantly followed to stay on top of actions that may result. Know your legislators and contact them with your opinions---make your voice heard.

Have you ever contributed to NARFE-PAC? Do you know what this is and how you benefit from it? Be sure to read the NARFE-PAC feature article in the March issue of our *narfe* magazine. President Richard Thissen states: "A well-funded NARFE-PAC is essential to making sure that NARFE has the power to defeat the historic assault we anticipate from the new Congress and the White House." NARFE expects to be fighting multiple battles on multiple fronts. Please do seriously consider making a contribution to NARFE-PAC to help keep this critical activity strong--it's in your best interests.

## LEGISLATIVE REPORT

**Kathy Siggins (301-829-2462)**

The National Legislative Training Conference held in Alexandria, VA on March 12 – 15, was well attended with over 300 members representing 47 states, Puerto Rico & Virgin Island. A total of 170 were first-time attendees, and several active members who used annual leave to attend. Maryland's federal family consists of 305,451 active, retired, federal and postal employees. The largest employers in Maryland are the Department of Defense, the National Institutes of Health, the U.S. Postal Service and the Social Security Administration. We attended breakout sessions on how to take our message to Capitol Hill and had some great speakers. Representatives Anthony Brown (D-MD), Jamie Raskin (D-MD), Barbara Comstock (R-VA), Don Beyer (D-VA), and Senator Heidi Heitkamp (D-ND) addressed our members. Representatives Gerry Connolly (D-VA) and Rob Wittman (R-VA) cancelled due to weather. Discussed were the budget threats to federal employees and retirees in the 115<sup>th</sup> Congressional Session. Specifically – Federal Retiree and Employee Health Benefits cuts, such as reducing the government's contribution towards health insurance premiums; effective pay cuts for current employees through benefit reduction, such as increasing federal employee payroll contributions toward retirement by as much as 6 percent of pay without any added benefit; and elimination or reduction of retirement security for new hires, such as eliminating the Federal Employees Retirement System (FERS) annuity entirely for new hires, or change how retirement benefits are calculated, such as basing annuities on the highest five years of pay rather than the highest three. Also, NARFE opposes provisions in The Postal Reform Act of 2017 (H.R. 756) introduced by the House Oversight and Government Reform Committee Chairman, Jason Chaffetz, R-UT. This legislation would require current postal retirees and their family members to enroll in Medicare Part B or

forfeit the Federal Employees Health Benefits Program coverage that they have earned as a benefit for their many years of dedicated service to their country. About 76,000 individuals are currently not enrolled in Medicare Part B and could incur an additional \$134 per month or more, in Medicare premiums if passed. There is much uncertainty with this new administration that our legislators are on defense mode and have pledged to do all they can to keep fighting for our benefits. It's up to us to remain vigil and help by sharing our stories.



Representative Jamie Raskin with delegation of NARFE constituents

**MARCH SPEAKER  
SHERIFF CHUCK JENKINS**



Frederick County Sheriff Chuck Jenkins spoke with Chapter 409 members about the heroin epidemic in Frederick County. He provided data showing the dramatic increase in Frederick County drug overdoses over the past 5 years, he described the makeup of his

staff battling this drug problem, and he answered members' questions. Shown with Sheriff Jenkins is Ms. Elinor Abrell, Co-President of the Chapter 409.

**NARFE #409 NOMINATED OFFICERS  
FOR 2017-18  
Georgia Wells, Nominating Committee Chair**

- President~Vacant
- Co-President~ElinorAbrell
- Co-President ~ Vacant
- First Vice President (Membership) ~ Dennis Vernon
- Second Vice President (Legislation) ~ Vacant
- Recording Secretary ~ Margaret Hawker
- Corresponding Secretary ~ Lynn McKnight
- Treasurer ~ Jerie O'Connor
- Member-at-Large:
- Linda Adams                      Peter Alvestad
- Mary Lou Blessing              David Carmack
- Susan Janssen                    Walter Rabbit

**SECRETARY'S REPORT  
Margaret Hawker (301-874-8409)**

No report due to the cancellation of the March Executive Committee Meeting due to the weather.

**We are saddened to report the following Chapter 409 related deaths.**  
**409 Members**  
**None**

**Relatives of 409 Members+**

**Doris Walter**, age 77, died March 11, 2017. Her widower is **Past President Henry Walter** of Albany, NY. Henry was president of Chapter 409 in 2001-2003 and instrumental in updating our By-laws.

**Chapter 409 members and relatives sick and or shut-ins needing our prayers and concerns:**

Bill Davis, Joyce Gregoire, Howard Lutz, Lynn McKnight, Mary B. Miller, Anne Niemiec, Dorothy Piper, Jaimie Pugh, Ann Simon, Donald and Nadia Taylor,

**Gil Monck (1-717-762-7484)**  
**Please contact Gil with any information for this section of the newsletter.**

**MEMBERSHIP REPORT**  
**Dennis Vernon (301-694-8003)**

Did you know that as a NARFE member you can watch any NARFE webinar for **FREE**. Just go to [www.narfe.org](http://www.narfe.org) and click on the *NARFE Federal Benefits Institute* banner located in the middle of the page. On the right side of the page, there is a listing of all previously recorded webinars on a wide range of subjects such as Social Security; Medicare and Survivor Benefits. To see a feature in the webinar series, you need to click on MEMBERS CLICK HERE and, when prompted on the next screen, enter your last name and membership number (located on the address label of your NARFE magazine). Take advantage of your membership and learn more about your benefits from NARFE subject matter experts.

We have added four new members to our chapter this month. Please welcome: Pamela Kelmer and Gay Mullican both of Frederick; Joel Cockrell who lives in Damascus; and, Elizabeth Hanes also of Frederick who transferred in from another chapter. We are also happy to report that Heidemarie Fox; Sara Melinda Killmeier; and Francis Doughty have had their membership reinstated. Good Job. Twelve (12) of our members have received their second renewal notice and they are: Jacqueline Allen; Patton Allen; Kathleen Bright; Timothy Cannon; Norman Lee Cornelius; Bonnie Cramer; Doris Damuth; Ronald Greenberg; Jamie Hall; Helen Lockard; Mary Rushing; and, Cynthia Shugars. If you know any of these folks, please encourage them to renew their membership and not dropped from our chapter rooster. NARFE Headquarters dropped Garnet Deardorff; Timothy Dye; and, Naomi Josloff for non-renewal.

**TREASURER'S REPORT**  
**Jerie O'Connor (301-845-7964)**

No report due to the cancellation of the March Executive Committee Meeting due to the weather.

**NOTICE:** If your address, telephone number, email address changes, or to receive the **E-version** of the newsletter and booklet please remember to **notify me, Dennis Vernon, by telephone at 301-694-8003 or email [knight21702@yahoo.com](mailto:knight21702@yahoo.com)** . This will assure you will continue to receive our chapter newsletter and the NARFE Magazine and we will be able to contact you if necessary.

**EDITOR'S NOTE**

Lynn McKnight, Corresponding Secretary, who was filling in for Susan Janssen, broke her femur while arriving at the luncheon. As of 3/19/2017 Lynn had surgery and was resting. Please keep Lynn and her husband, Richard, in your thoughts and hope for a speedy recovery. I would like to thank Peter Alvestead, Chuck Caloia, JD Brooks, Janet Michael and Georgia Wells for filling in at a moment's notice to keeping the luncheon running smoothly.

Date: April 21, 2017  
 Location: American Legion, 1450 Taney Ave., Frederick, MD 21702  
 Time: Doors will open at 11 AM. Lunch served at 12 noon. Program starts promptly at 1 PM.  
 Menu: Roast beef / mashed potatoes and gravy  
 Program: Jim Rada, Jr., local historian and writer  
 Election of Officers

We must receive your mail reservation or cancellation no later than Friday April 14, 2017.

Call Susan Janssen at 301-695-1785 with any questions.

MAILING ADDRESS: NARFE CHAPTER #409  
 P. O. Box 1642 Frederick, MD 21702

**Reservations for April 21, 2017 luncheon meeting:** Please complete this form and send it with a check payable to NARFE Chapter 409 in the amount of **\$14.00** per person. Mail both to **NARFE CHAPTER #409, P.O. Box 1642, Frederick, MD 21702**

We need to reserve the number of meals by Friday, April 14, 2017 so PLEASE MAIL AS EARLY AS YOU CAN.

<i>Name</i>	<i>Member</i>	<i>Guest</i>	<i>New Member</i>	<i>1<sup>st</sup> Luncheon</i>	<i>Name</i>	<i>Member</i>	<i>Guest</i>	<i>New Member</i>	<i>1<sup>st</sup> Luncheon</i>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Telephone Number: \_\_\_\_\_

Frederick Chapter 409, Inc. Of NARFE  
12280 Rosswood Dr.  
Monrovia, MD 21770-9400  
**ADDRESS SERVICE REQUESTED**

APRIL 2017

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Some of you will find a (P) following your name on the mailing label. This means you are a "prospective" member.  
Please consider joining NARFE by contacting Dennis Vernon at 301-694-8003 for membership information.

**APRIL 2017 NEWSLETTER**

**Chapter 409 NARFE**

Dues payments and gifts or contributions to NARFE are NOT deductible as charitable contributions for Federal Income Tax purposes.

Visit us at our website: <https://sites.google.com/site/narfe409/>  
Linda Adams-Webmaster 301-253-4740

### CALENDAR 2017 Chapter Events

- April 18** Chapter 409 Executive Committee Meeting  
9:30 AM at American Legion (Same location as our luncheon)  
All are welcome to come.
- April 21** Chapter 409 Luncheon

### 2017 Other Events

- April 30-May 2** MD Federation 43<sup>rd</sup> Biennial Convention, Ocean City, MD  
**October 3** MD Federation Board Training, Bowie, MD  
**October 23** MD Federation Training Day, Bowie, MD